

# Monday

**Morning**



Food Container Puzzle Feeder  
and 30-Minute Walk

**Mid-Morning**



Peanut Butter Tennis Ball and  
Mood Music

**Lunch**



30-Minute Walk and Play Hide  
and Seek

**Mid-Day**



Frozen Goodie Block

**Dinner**



Rock 'N Bowl Puzzle Feeder  
and a Play Date

# Tuesday

**Morning**



Kibble Grass Hunt and  
30-Minute Walk

**Mid-Morning**



Stuffed Kong and Mood  
Music

**Lunch**



30-Minute Walk. Leave It  
and Touch It Training

**Mid-Day**



Dog TV

**Dinner**



Hand Feeding and a Massage

# Wednesday

**Morning**



Cardboard Box Puzzle  
and 30-Minute Walk

**Mid-Morning**



Stuffed Apple and Mood  
Music

**Lunch**



30-Minute Walk and  
Tunnel Training

**Mid-Day**



Nose Work / Treat Hunt

**Dinner**



Dog Park and Muffin Tin  
Puzzle For Dinner

# Thursday

**Morning**



Paper Towel Roll Puzzle and  
30-Minute Walk

**Mid-Morning**



Blanket Burrito and  
Mood Music

**Lunch**



30-Minute Training Walk and  
a Game of Fetch

**Mid-Day**



Dog TV

**Dinner**



A Car Ride and Upside Down  
Muffin Tin Dinner



# Friday

**Morning**



Shredded Grocery Bag Puzzle  
and 30-Minute Walk



**Mid-Morning**



PVC Pipe Puzzle and  
Mood Music

**Lunch**



30-Minute Walk and  
Red Light / Green Light  
Game

**Mid-Day**



Hide and Seek and  
Mood Music

**Dinner**



Round Robin and Knotted Fabric Puzzle